

IN THE CLAIMS:

Please amend claims 1-2, 9-10 and 17 as follows:

1. (Currently Amended) An adjustable kettlebell comprising:

a handle with a grip section;

one or more attachment members, wherein the one or more attachment members are configured deformable between a first position and a second position with a resilient mechanical compliance;

a support bar, aligned along ~~[[the]]~~ a weight plate axis, substantially parallel to the handle grip section axis ~~of the grip section of the handle;~~

at least one weight stack; and

an adjustable plurality of weight plates. ~~[[;]]~~

~~wherein said attachment members are configured to provide an adjustable distance between the grip section and the plate axis.~~

2. (Currently Amended) The device of claim 1, wherein said attachment members ~~are flexibly configured~~ resiliently deflect to clamp tightly against a variety of weight stack widths.

3. (Original) The device of claim 1, wherein a segment of said attachment members can flex within the grip section.

4. (Original) The device of claim 1, wherein said supporting bar has a smooth overall profile lacking in excessive protrusions.

5. (Original) The device of claim 1, wherein said supporting bar comprised a bolts/washer combination tightened on either side of elongated nut.

6. (Original) The device of claim 1, wherein said supporting bar comprises an elongated nut, a captive washer and at least one bolts/washer combination.

7. (Original) The device of claim 1, having a roughly hemispherical end caps to further approximate a spheroidal shape of a solid kettlebell.

8. (Original) The device of claim 1, wherein a protective band surrounding the weight stack accommodates different form factors and provides additional padding.

9. (Currently Amended) An adjustable kettlebell, having a grip section, at least one attachment member, a support bar, at least one weight stack, capable of supporting an adjustable plurality of weight plates, wherein the at least one attachment member is configured to be deformable between a first position and a second position with a resilient mechanical compliance and said supporting bar is aligned along ~~[[the]]~~ a weight plate axis, nominally parallel to the axis of the grip-section of the handle; and wherein said attachment members are configured to provide an adjustable distance between the grip section and the weight plate axis.

10. (Currently Amended) The device of claim 9, wherein said attachment members ~~are flexibly configured~~ resiliently deflect to clamp tightly against a variety of weight stack widths.

11. (Original) The device of claim 9, wherein a segment of said attachment members can flex within the grip section.

12. (Original) The device of claim 9, wherein said supporting bar has a smooth overall profile lacking in excessive protrusions.

13. (Original) The device of claim 9, wherein said supporting bar comprised a bolts/washer combination tightened on either side of an elongated nut.

14. (Original) The device of claim 9, wherein said supporting bar comprises an elongated nut, a captive washer and at least one bolts/washer combination.

15. (Original) The device of claim 9, having a roughly hemispherical end caps to further approximate a spheroidal shape of a solid kettlebell.

16. (Original) The device of claim 9, wherein a protective band surrounding the weight stack accommodates different form factors and provides additional padding.

17. (Currently Amended) An adjustable kettlebell, comprising:

a handle with a grip section, at least one attachment member, a support bar, at least one weight stack, capable of supporting an adjustable plurality of weight plates, wherein the at least one attachment member is configured to be deformable between a first position and a second position with a resilient mechanical compliance and said supporting bar is aligned along [[the]] a weight plate axis, which is nominally parallel to the axis of the a handle grip-section axis of the handle; and wherein said at least one attachment member is ~~members are~~ configured to provide an adjustable distance between the grip section and the plate axis, and wherein said at least one attachment member is ~~members are~~ flexibly configured to clamp tightly against weight stack of different widths.

18. (New) The adjustable kettlebell in claim 1, wherein the one or more attachment members are each configured with an asymmetric cross-section.

19. (New) The adjustable kettlebell in claim 18, wherein the asymmetric cross-section is configured with a greater breadth in a direction perpendicular to the weight plate axis then in a direction parallel to the weight plate axis.

20. (New) The adjustable kettlebell of claim 1, wherein the one or more attachment members are configured with an internal pivot point.

21. (New) The adjustable kettlebell of claim 1, wherein the one or more attachment members are configured with an asymmetric mechanical compliance.

22. (New) The adjustable kettlebell of claim 1, wherein the one or more attachment members are configured to provide an adjustable distance between the grip section and the weight plate axis.